

## Children's Services of Roxbury—Behavioral Health Services

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Please note all the services listed are voluntary. Services are provided without cost to MassHealth insurance members.

For referrals, you may contact our Behavioral Health Department at 617.516.5208.

For questions regarding specific programs/services, please contact the point person as listed.

If families are requested Spanish-Speaking supports, some programs may be able to accommodate however capacity is limited. CSR will offer interpretation services for families as needed.

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**Service:** *Intensive Care Coordination (ICC)* - ICC is a service that uses the Wraparound care planning process to organize services and supports for youth with emotional and behavioral challenges. A care coordinator is assigned to work with the youth and family; the care coordinator is responsible for working with you to:

- Complete a risk management and safety plan
- Conduct a comprehensive home-based assessment of the youth and family strengths and needs
- Bring together a planning team of people the family identifies (e.g. teachers, state agency workers, friends, neighbors, etc.) to help support the youth and family
- Facilitate development of an individual care plan (ICP) that guides the family and team in working toward the goals the family has chosen
- Make sure the services and supports are in place and are helping the youth and family as planned

**Capacity:** Currently there is no waiting list for English-speaking ICC services. If the youth or family requires Spanish-speaking support, waiting list is approx. 2-4 weeks (subject to change).

**Point Person:** Jessica Bedney, CSA Program Director – 617.989.9618 [jbedney@csrox.org](mailto:jbedney@csrox.org)

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**Service:** *Family Support and Training (Family Partner/FP)* - Family Partners are experienced caregivers of youth with special needs. The family partner works closely with you-the parent(s) or caregiver(s) of the youth by:

- Teaching how to move through the youth-serving systems
- Helping locate services and supports in the community
- Developing supportive connections
- Supporting and coaching caregivers in reaching goals identified in the ICP

**Capacity:** Currently there is no waiting list for FP services.

**Point Person:** Ora Lee Canada, Senior Lead Family Partner – 617.989.9680 [ocanada@csrox.org](mailto:ocanada@csrox.org)

**Capacity:** Currently there is no waiting list for English-speaking ICC services. If the youth or family requires Spanish-speaking support, waiting list is approx. 2-4 weeks (subject to change).

**Point Person:** Jessica Bedney, CSA Program Director – 617.989.9618 [jbedney@csrox.org](mailto:jbedney@csrox.org)

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**Service:** *In-Home Therapy (IHT)* – In-Home Therapy is a structured, consistent, strength-based therapeutic relationship between a clinician and the youth and family for the purpose of treating the youth’s behavioral health needs. Interventions are designed to enhance a family’s capacity to support the youth’s functioning in the home and community, and prevent the youth’s admission to an inpatient hospital. The service includes improving the family’s ability to provide effective support for the youth to promote his/ her healthy functioning within the family.

This service is delivered by one or more members of a team offering a combination of medically necessary training and support. IHT is community-based and can be delivered on-site where the family resides.

**Capacity:** Currently there is a 1-2 week waiting list for IHT services; one Spanish speaking clinician is available.

**Point Person:** Tarshe Derival, Director of IHT – 617.989.9459 [tderival@csrox.org](mailto:tderival@csrox.org)

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**Service:** *Therapeutic Mentoring (TM)* – The Therapeutic Mentor delivers services with an existing outpatient or in-home therapy treatment plan that is jointly developed with input from the parent/caregiver/ school personnel or significant persons in the youth’s life. Therapeutic mentoring interventions are also designed to include appropriate participation in recreational, athletic, artistic, educational, vocational and social activities. Therapeutic Mentors:

- Coach, support and train the youth to be successful in navigating various social situations, learning new skills and making functional progress
- Skill acquisition and practice in community
- Provide exposure to social situations in which age-appropriate skills can be practiced
- Enhance conflict resolution skills
- Develop communication skills
- Provide telephone support as needed to the youth
- Complete family and other collateral contacts to support the treatment plan

**Capacity:** Currently there is a 2-week waiting list for TM services; one Spanish speaking TM is available.

**Point Person:** Rebecca Winfrey, TM Supervisor– 617.989.9499 [tderival@csrox.org](mailto:tderival@csrox.org)

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**Service:** *Outpatient* – CSR’s Behavioral Health Clinic provides high quality, culturally competent, linguistically appropriate, mental health services and support. Our services are community-based, individualized, strengths-based, and outcome oriented. We recognize that achieving well-being requires a holistic approach; therefore, our services include:

- Comprehensive Diagnostic Evaluation/Assessment
- Medication Evaluation / Management
- Individual Therapy
- Family Therapy
- Group Therapy
- Couples Counseling

**Capacity:** Currently there is a 6-8 week waiting list for outpatient services; currently there are no Spanish-Speaking clinicians available (interpretation services can be provided as requested)

**Point Person:** Darryl Huggins, Outpatient Services Manager– 617.989.9456 [dhuggins@csrox.org](mailto:dhuggins@csrox.org)